



Less than 60 years ago, the first senior center opened in New York City. Today, there are more than 15,000 senior centers across the country serving more than 10 million older adults annually. Research by the National Council on Aging (NCOA) indicates older adults who participate in senior center programs delay the onset of chronic disease and enjoy measurable improvements in physical, social, mental, emotional and spiritual well-being, and overall life satisfaction.

Today, one in three Americans is age 50 or older. Never before in human history have there been so many older people. NCOA's National Institute of Senior Centers supports the reinventing of senior centers to serve 50 million aging baby boomers whose numbers will increase to 77 million by 2030.

Older adults are often described by subpopulations: young old (65–74 years); old (74–84 years); and oldest old (85 years and over). The fastest growing segment of the total population is the oldest old - those 85 years and older.

NRPA's Monthly Magazine, January 2016  
 Reinventing Senior Centers: Virtually  
 Featured Story by M. Jean Keller and Franziska Sprinkmeyer



the difference between  
**WHO** you **ARE** and  
**WHO** you want to **BE**  
 is **WHAT** you **DO**.



240 Veterans Memorial Parkway  
 Lancaster Community Park, Lancaster, Texas 75134

Monday through Friday, 9:00 a.m. to 5:00 p.m.  
 Phone: 972-218-3780; Fax: 972-218-3694

Tea Walker, Senior Life Center Supervisor  
 Diana Wortham, Recreation Attendant  
 Clifford Armstead, Transportation Provider



Quality of Life and Cultural Services  
 Senior LIFE Center

“Adding Living  
 to LIFE!”



New Members Are Joining

Lancaster Resident, \$3.00 Annually  
 Non-Resident, \$5.00 Annually

[www.lancaster-tx.com](http://www.lancaster-tx.com)



Nutrition Education is required for all Congregate Meal Program Participants on an annual basis. Plan to attend July's Nutrition Education on Thursday, July 6 at the Senior LIFE Center, Dining Hall at 1:00 p.m.



### Dallas Area Agency on Aging Older Americans Act Program

The City of Lancaster has contracted with the Dallas Area Agency on Aging, County of Dallas, State of Texas, to receive Older Americans Act funding for the Congregate Meal Program. The term of the contract begin on October 1, 2016 and will end on September 30, 2017.

The Dallas Area Agency on Aging (DAAA) is under the umbrella of the Community Council of Greater Dallas, responsible for planning, advocating, coordinating resources, and providing services for seniors (persons 60+) and their caregivers in the Dallas County area.



### Congregate Meal Program

This program is offered Monday through Friday, ensures a daily nutritious meal for Senior participants ages 60 years of age and older. It is **FREE** and Senior participants do not have to be a member of the Lancaster Senior LIFE Center in order to participate.

Senior participants ages 50-59, can purchase the nutritious meal for a fee of \$5.73. Senior participants must complete an intake form and nutrition assessment **prior** to participating in the Congregate Meal Program.

This program is sponsored in part by the Dallas Area Agency on Aging "DAAA" and the Texas Department of Aging and Disability Services.



### Congregate Meal Program Quarterly Survey

We value your opinion! The Quarterly Survey is now available for the Congregate Meal Program at the front desk of the Senior LIFE Center. The deadline for completing the survey is July 7, 2017. Results will be made available the week of July 10, 2017.

### Senior Senate Board Nutrition Site Council

The Senior Senate Board, also known as, the Nutrition Site Council, **recommends** a financial contribution to the Congregate Meal Program of \$1.00. Two Senior Senate Board members will be responsible for counting and verifying the senior contributions or program income, which is collected.

The Senior Senate is also an advisory body, which functions as an advisory council for the Senior membership and participants of the Senior Life Center. The Senior Senate's main functions are to provide input regarding activities, the Congregate Meal Program and support of the Senior LIFE Center Supervisor.